

ID	Height	Age	Gender	Test Date / Time
090926-2 (Fatima Hijazi)	151cm	37	Female	09.09.2026. 15:09

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	29.7 (24.4~29.8)
For building muscles	Protein	(kg)	8.1 (6.6~8.0)
For strengthening bones	Minerals	(kg)	2.69 (2.26~2.76)
For storing excess energy	Body Fat Mass	(kg)	46.4 (9.6~15.3)
Sum of the above	Weight	(kg)	86.9 (40.7~55.1)

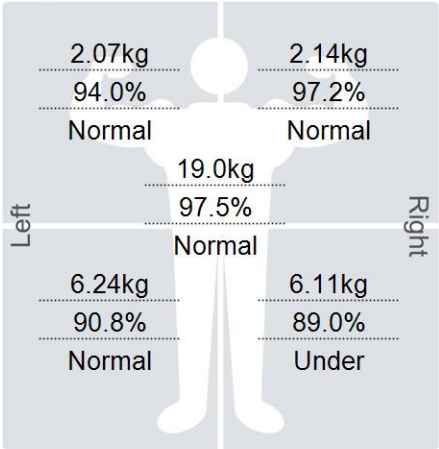
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		86.9
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %		22.3
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 (592.6) %		46.4

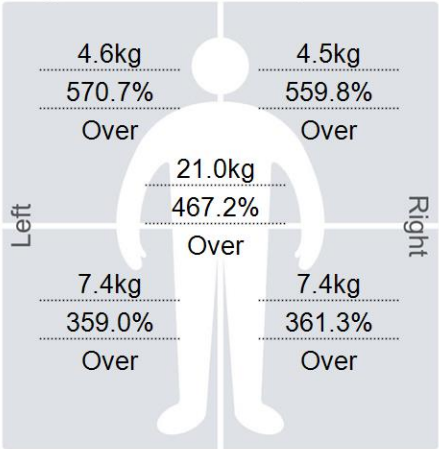
Obesity Analysis

	Under	Normal	Over
BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		38.1
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		53.4

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	86.9									
SMM (kg) Skeletal Muscle Mass	22.3									
PBF (%) Percent Body Fat	53.4									
Recent Total	09.09.26. 15:09									

InBody Score

49/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	52.6 kg
Weight Control	- 34.3 kg
Fat Control	- 34.3 kg
Muscle Control	0.0 kg

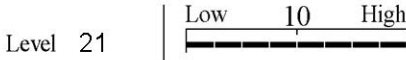
Obesity Evaluation

BMI	☐ Normal ☐ Under ☐ Slightly Over ☒ Over
PBF	☐ Normal ☐ Slightly Over ☒ Over

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	40.5 kg (33.2~40.6)
Basal Metabolic Rate	1245 kcal (1671~1960)
Obesity Degree	181 % (90~110)
SMI	7.3 kg/m²
Recommended calorie intake	1737 kcal

Calorie Expenditure of Exercise

Golf	153	Gateball	165
Walking	174	Yoga	174
Badminton	196	Table Tennis	196
Tennis	261	Bicycling	261
Boxing	261	Basketball	261
Mountain Climbing	283	Jumping Rope	304
Aerobics	304	Jogging	304
Soccer	304	Swimming	304
Japanese Fencing	435	Racketball	435
Squash	435	Taekwondo	435

*Based on your current weight
*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	377.9	392.2	29.1	251.3	239.2
100 kHz	339.6	356.1	26.3	220.0	210.5